

# LONDON metro®

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**OK, NEW  
NEW YEAR'S  
RESOLUTION...**

METRO WRITER  
(AND DIET COKE  
FIEND) LOOKS AT  
WAYS TO STAY  
ON TRACK IN THE  
NEW YEAR **PAGE 11**

**DON'T  
GIVE UP**

**Londoners  
took safe way  
home on Super  
Bowl Sunday**

1,000 RIDE stops busted no  
one for drunk driving on  
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**Young  
ambassador  
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Children's Centre 17-year-  
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alongside NHL greats **PAGE 5**

**In Hollywood,  
the show  
must go on**

Fans, actors mourn  
'devastating loss' of Philip  
Seymour Hoffman, whose  
role in the Hunger Games  
will remain intact **PAGE 9**

## Downtown London chief bites back

**City cuts.** Warning  
issued to protect  
services as city  
budget is debated



**MIKE  
DONACHIE**  
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"Don't bite the hand that feeds you," is the message for city council from Downtown London.

The organization's executive director, Janette MacDonald, has serious concerns about the 2014 city budget process.

And she's speaking out.

Already, council members have agreed to a \$53,000 cut in support for Mainstreet London, a non-profit that helps pay for improvements downtown and is run by Downtown London.

Now, amid battles over the police request of a 3.3 per cent budget hike — eight votes at a city hall meeting Friday failed to find any agreement — MacDonald is worried there will be cuts to downtown police patrols and street cleaning.

"The city is looking to cut the cleaning budget downtown, and other things that



London police Constables Amanda Somerville and Casey Schmutz were doing foot patrol downtown on Monday. MIKE DONACHIE/METRO

### Quoted

**"We need police to be visible so that people know downtown is a safe place."**

Janette MacDonald, executive director of Downtown London

are going to affect the quality of life downtown, like the police budget," she said. "The police provide us with foot patrol. They recognize that downtown needs special treatment."

It may be special treat-

ment, but MacDonald insists it's deserved.

"Downtown as it currently sits represents 0.2 per cent of the entire geographic area of the city of London, but that same area generates nine per cent of the property tax pile,"

she said.

"We're not asking them for special services. We're asking for things that are required, to keep the tremendous investment here.

"The suburbs aren't subsidizing us here. We're subsid-

ing the suburbs. We're asking for something that we paid for."

City budget meetings continue Thursday, with more to come before final decisions are made Feb. 27.

And an initial agreement

for the \$53,000 downtown cut was based on wrong information, MacDonald added, saying city staff told committee members the funding was for the Downtown Business Association, which has never had city money.

# Provincial election could cost city taxpayers \$2.5M



City recycling chief Jay Stanford explains the recycling dilemma to council members at Monday's civic works committee meeting. MIKE DONACHIE/METRO

**Recycling.** City staff calculate financial effect on residents if Bill 91 fails



MIKE DONACHIE  
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There are rumblings about a possible provincial election in the spring, and the effect on Kathleen Wynne's Liberal government could be severe.

But, as the Tories and New Democrats weigh their options on how hard to push the minority government at Queen's Park, city staff in London have been weighing something else.

It's been decided the cost of an early election for the London taxpayer could be as much as \$2.5 million.

Why? It's all about recycling.

Bill 91 — which, if it becomes law, will be called the Waste Reduction Act 2013 — seeks to shift the cost of recycling away from the taxpayer and onto industry. But the bill hasn't passed yet, and if there's an election, it won't. The process of creating the proposed law will begin again.

That, according to London's recycling chief, Jay Stanford, means London's taxpayers will have to keep paying a total of around \$2.5 million every year.

"The way the legislation is currently worded and go-

## Taxing details

- **\$300,000-\$400,000:** Amount typically paid by taxpayers towards recycling "household special waste" like paint and oil. Industry already pays 60 per cent of costs.
- **\$2 million:** Approximate taxpayer portion of city's overall recycling costs. Industry already pays \$8 million.

ing through the discussion right now, that is our interpretation of the money that will come back to us in what they call a "reasonable cost interpretation," said Stanford.

He said the city's arrangement with a contractor is the best possible one for taxpayers, so it's "reasonable" to assume that Bill 91 will mean all of those costs will be imposed on the industries that create the items being recycled.

And it applies to all recycling — everything in those blue boxes. If someone makes the packaging that's being recycled, they will be expected to contribute to its recycling.

Stanford's explanation was also given, in report form, to council members at Monday night's civic works committee.

After some questions about the details, the committee noted the report and filed it.

## Middlesex. 50-year-old man killed in apparent snowmobile accident

Police say a 50-year-old London man died after an apparent snowmobile crash early Monday.

Mark Hawkins was found dead when first responders arrived at the scene.

Details of what happened remain unclear, and the OPP technical traffic investigation team is investigating the sequence of events that lead to the incident.

Ontario Provincial Police, fire and EMS crews re-

sponded to a report of a crash involving a snowmobile at the back of a property on Wonderland Road just south of Ten Mile Road in Middlesex Centre.

A post-mortem examination is scheduled for Tuesday to determine the cause of death.

This is the ninth fatality in Middlesex OPP jurisdiction involving a snowmobile this season.

SCOTT TAYLOR/METRO

## Chocolate company a golden ticket for London job market

It's a sweet deal for the local job market.

Chocolate maker Natra is taking a \$2.8-million loan from the Southwestern Ontario Development Fund as it sets up its manufacturing facility in London, officials announced Monday.

The company makes chocolate bars, spreads and other specialty products at factories in Spain, France and Belgium. The new London facility will be part of Natra's consumer goods division and will cre-

ate 56 new jobs in the city by early spring.

"I'm delighted that our government is investing in the food-processing sector and that Natra chose London for their expansion," London Centre MPP Deb Matthews said in a statement. "Supporting new jobs for our talented workers and making our local economy stronger will help us continue to attract global businesses to our community."

Natra Chocolate America

CEO Stephane Forrer said the London plant is strategic for the company's sales outlook.

"We're thankful for the support of the Ontario government and the people of this province," he said. "Our new production facility in London will help strengthen our North American footprint and increase the sales of our consumer goods division."

The plant will make about 12,000 tonnes of chocolate a year when operating at full capacity. METRO



#### President's Dinner

### Fanshawe to honour special graduates

Fanshawe College president Peter Devlin and Gail Malcolm, president of the Fanshawe College Alumni Association, will host the 22nd Distinguished Alumni Awards ceremony at the President's

Dinner on Thursday. During the evening, Fanshawe will recognize the significant contributions of six graduates who have established a legacy of excellence in their workplaces, their communities and their own lives.

The college will also present its first Honorary Alumni Award.

It starts at 5:30 p.m. at James A. Colvin Atrium. **METRO**

#### Andy Gilpin

### Hockey gold medallist to be honoured

Andy Gilpin, a member of an iconic RCAF Flyers Canadian hockey team that won a gold medal at the 1948 Olympics in St. Moritz, Switzerland, will be feted for the 66th anniversary of the triumph.

An Andy Gilpin Day luncheon will be hosted by fellow members of the 427 London Wing of the RCAF Association on Friday at 2155 Crumlin Rd. N.

Family, friends and representatives of Hockey Canada and the Ontario Hockey Federation will present.

Tickets are \$10 each. Call 519-686-1303, 519-472-0729, 519-452-1379 or 519-667-1989. Sales are limited. **METRO**

#### Breakfast of Champions

### Kreviazuk to talk mental illness in London

Six-time platinum selling artist Chantal Kreviazuk will share her experiences with mental illness through words and songs at the eighth annual Breakfast of Champions at the London

Convention Centre on April 29.

Presented in partnership by St. Joseph's Health Care Foundation and the Canadian Mental Health Association, Breakfast of Champions raises awareness about, and money for, mental-health programs in the community.

Tickets are available at [sjhcfoundation.org](http://sjhcfoundation.org) or by calling 519-646-6085. **METRO**

# 1,000 RIDE stops and no charges

**Checkpoints.** Perfect Super Bowl Sunday contrasts with spike in '13 impaired-driving stats

There's good news and bad news for police and London MADD officials in the wake of Sunday's Super Bowl game.

Although many bars were packed full of football fans for kickoff early Sunday evening, the vast majority of them found safe ways to get home after the game ended.

With RIDE checkpoints set up throughout the day in numerous areas of the city, 1,000 vehicles were stopped and only five drivers were asked to take a breathalyzer test. None of them blew over the limit.

"This is a positive sign for us," said London police Sgt. Ryan Scrivens. "Hopefully, it's a testament to people planning ahead and making responsible choices to arrange sober transportation."

He noted it's a step in the

right direction, but he's concerned with a 14 per cent increase in impaired-driving charges in 2013 compared to 2012.

"We've seen a steady decrease in impaired-driving charges over the past several years, but then we see a 14 per cent increase," he said. "Hopefully, moving into 2014 this (Sunday RIDE program) is a positive sign that we won't see an increase like that again."

Scrivens also said the spike may be partially due to an increase in the number of vehicles being checked at RIDE programs, as well as a media campaign encouraging motorists to call 911 if they suspect another driver of being impaired.

The Middlesex detachment of the OPP also conducted various RIDE stops Sunday, and they, too, issued no charges.

MADD spokeswoman Christine Taleski said the Super Bowl numbers are encouraging. Still, she stressed, close to 1,200 Canadians are killed each year as a result of alcohol-related crashes. **SCOTT TAYLOR/METRO**



### He's playing Your Song, London

Sir Elton John performs to a sold-out audience at Budweiser Gardens on Monday night. This marked the second time John has played in London, the first show being in 2006. Monday night's performance was the first stop on his 2014 world tour. **MARK SPOWART/FOR METRO**

"Get a babysitter and call a cab... for tonight we live it up!"

# London

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## Indulge in Life!

## Jackson files papers for second term. St. Thomas mayor first out of the gate

St. Thomas Mayor Heather Jackson will seek another term in office, she said Monday.

Jackson, who was elected in 2010, was the first person to announce a candidacy for either mayor or alderman in St. Thomas for the upcoming municipal election on Oct. 27.

Jackson said the issue of whether she would seek another term was being discussed, so she wanted to quell speculation as quickly

as possible.

"I do enjoy the job," she said. "I was getting a lot of questions of if I'm going to run again or not, so I thought let's get it out of the way. Yeah, definitely running again."

She listed accomplishments over the past four years and ambitions for a second term as reasons she feels voters will embrace her request to return to the big chair.

"We've accomplished a lot. We reinstated the position of (chief administrative officer), which has been great for the city. We've reinstated tourism locally, which is starting to explode this year and take off with some new events," she said.

Jackson said major funding has gone to improving roads and other infrastructure upgrades, as well.

Going forward, she said she's excited about plans for the development of Talbot Street, something she said is a pet project of hers.

SCOTT TAYLOR/METRO



Heather Jackson CONTRIBUTED

## 'No shortage of dumb policies.' Government asked to make deep cuts

The Canadian Taxpayers Federation is urging the Ontario government to slash \$13 billion in spending to balance the books in 2014 and start paying down some of the province's record debt.

Ontario's debt doubled during 10 years of Liberal rule to \$272.8 billion, said CTF director Candice Malcolm.

"There are real consequences to carrying this much debt," she said. "This is the third-largest and fastest-growing expenditure in our budget."

The government can't afford to keep shelling out more in interest charges without actually making payments to lower the debt, added Malcolm.

"This is just a small part of the debt that we owe, which also includes federal debt and most of us owe municipal debt plus any personal debt," she said. "When you look at the larger debt component, for people in Ontario it's quite scary."

Malcolm says the govern-

### Shelling out

## \$10.6B

Interest to be paid this year on existing Ontario debt, according to the Canadian Taxpayers Federation.

ment could save \$2.7 billion by ending "corporate welfare" grants to businesses and could save even more by killing the full-day kindergarten program for four- and five-year-olds.

"There are unfortunately no shortage of dumb policies here in Ontario," she said.

The taxpayers' lobby also wants the government to end the 10 per cent rebate on electricity bills, saying it costs \$1 billion a year, and to kill the 30 per cent tuition discount for most college and university students.

It also wants the controversial Green Energy Act repealed and the Liquor Control Board privatized.

THE CANADIAN PRESS



Care is provided to one of the 29 dogs rescued in 2000 from a North Middlesex home that humane society investigators said was in deplorable condition. CONTRIBUTED

# Justice at last in shocking case of mistreated dogs

**Failure to provide suitable and adequate care.** Woman sentenced 14 years after animal-cruelty charges laid



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There were 29 dogs living in conditions so deplorable it's difficult to even imagine, yet the woman who kept them there managed to evade justice for 14 long years.

Still, the London Humane Society refused to give up. And, eventually, they saw the woman plead guilty to a charge stemming from the mistreatment of 22 adult dogs and seven puppies.

Susan Jane Tomlinson, 63,



The conditions inside a North Middlesex home from which 29 dogs were rescued. CONTRIBUTED

stood in front of a judge Jan. 22 and answered to a charge of failure to provide suitable and adequate care of dogs.

Tomlinson was sentenced to jail time, receiving credit for time she had already spent in custody. She's also been banned from owning animals for five years.

The saga began in Febru-

### Horrendous conditions

**"The urine was everywhere. The floors were soaked."**

Judy Foster, London Humane Society executive director

ary 2000 when London Humane Society agents served a search warrant in the Township of West Williams, now part of North Middlesex.

The conditions inside the home were horrendously unsanitary, with urine-soaked flooring covered in feces, officials said.

The investigating officer stated that German shepherds had been kept in the basement, which was awash in puddles of urine and contaminated water at least an inch deep.

Humane Society executive director Judy Foster, who wasn't with the organization

at that time, said Tomlinson ignored court dates throughout the years since.

"It went on and on and on. Finally, they issued a bench warrant for her arrest, and she was picked up," Foster said. "The OPP found her and she was delivered to court."

"When these charges are laid," Foster added, "they don't go away. So when people skip court dates, we still have the ability to try to find them and when we do find them, they can still be prosecuted."

It's believed the dogs were all rehabilitated and adopted, Foster said.





Former NHL star Bobby Hull signs autographs during the We're All Stars celebrity meet and greet at the London Convention Centre. ANGELA MULLINS/METRO



Danny Pierce, left, and Jacob Meuwissen, both 13-year-old students at St. Vincent de Paul elementary school in Strathroy, were all smiles Monday as they walked away from the We're All Stars event loaded with autographs from celebrity athletes. ANGELA MULLINS/METRO

# Brushing elbows with celebrities

**They're all stars.** Children's Centre clients meet big names, but a young ambassador steals the show

DAVE  
LANGFORD  
london@metronews.ca

Jeremy Grace has spent his whole life attending the We're All Stars event, held each year as part of the Rogers Sports Celebrity Dinner and Auction festivities.

The event is an opportu-

nity for Thames Valley Children's Centre clients to interact with the sports celebrities who will be attending the dinner later that night.

Jeremy, born with cerebral palsy, changed roles Monday.

As this year's Thames Valley client ambassador, he attended the lunchtime gathering as one of the celebrities, signed autographs and had a reserved head table seat at the fundraising dinner.

And at the dinner, delivering a speech was part of the gig.

While the dinner was nice, his heart remains with the

We're All Stars event.

"I mean I like the dinner, but this is my favourite," Jeremy, now 17, said as he signed autographs. "Just because it's more personal, and you get to interact, and the celebrities get to meet the clients and the kids."

John LaPorta, the CEO at the Thames Valley Children's Centre, said Jeremy is a special individual.

"Let's start with, I've known him his entire life, so I've watched him overcome obstacles and challenges and develop a spirit that's really phenomenal," he said. "And as he developed in confi-

dence, all the natural ability he has, especially as a speaker — and he has a tremendous wit — has really come out."

Watching Jeremy work the room, you could see the absolute joy in his eyes during what was a special day in his life.

And by the way, did he have to kick any of the sports stars out of his way, as he signed autographs?

"I did," he said. "I should have gone over to the Hull brothers (hockey's Bobby and Dennis) and said: 'Look guys, you're impeding on my spotlight, so move.'"

## At a glance

### Rogers Sports Celebrity Dinner and Auction:

- **Head table celebrities:** Jeremy Grace, Bobby Hull, Dennis Hull, emcee Rob Faulds, Damian Warner, Bo Horvat, Chris Tierney, Therese Quigley, Micheal Ray Richardson, Garrett Williamson.

- **London sports persons of the year:** Dale and Mark Hunter

- **SPECTRA winners:** Elena Simpson, Oakridge; Mackenzie Ferguson, Banting

- **Beyond Disability winners:** Helen Goertzen, East Elgin; Joshua Masters, Woodstock Collegiate.

- **Table of Honour:** Ashleigh Beacham, Jim Cressman, Tom Dolezel, Sarah Mason, Nicole McDonald, Clint Smith, Quinton Twohey, Jenny Vaughan, Ryan Wolfe, Lirim Hajrullahu



Thames Valley ambassador Jeremy Grace signs autographs. ANGELA MULLINS/METRO



Former NHL star Dennis Hull, left, is pictured with Danny Steeves Eby, 19, of Listowel centre, and his father Don Eby. ANGELA MULLINS/METRO



Saunders Secondary School student D.J. Olipane, 15, gets up close and personal with former NHLer Bobby Hull as he checks out the star's Stanley Cup championship ring. ANGELA MULLINS/METRO



# Vancouver deputy mayor meets IOC execs to talk LGBTQ rights

**Sochi.** Meeting with IOC president's senior staffers proves hopeful

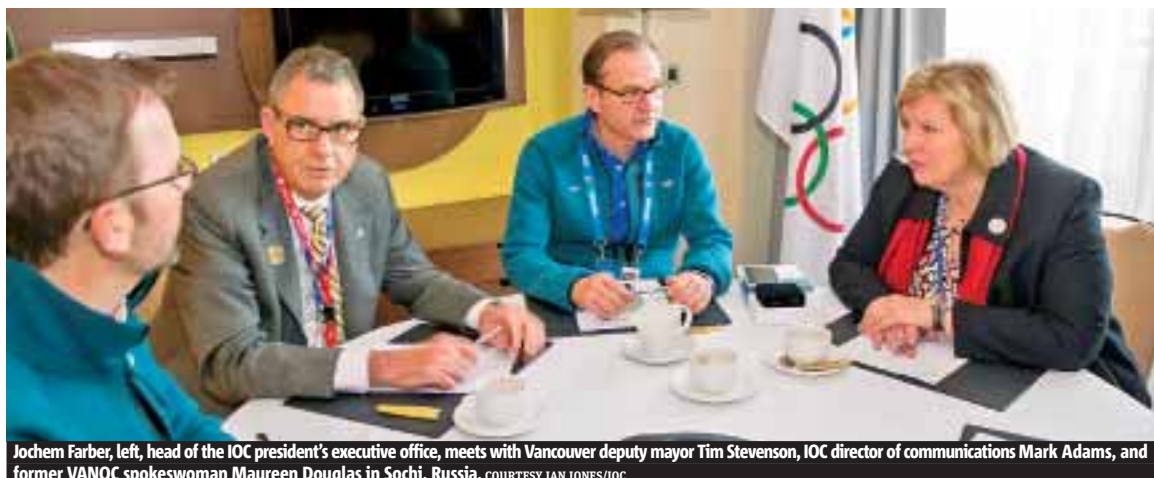


KATE WEBB  
Metro in Vancouver

It took Vancouver Deputy Mayor Tim Stevenson just three days after arriving in Sochi, Russia to get what he came for: A meeting at the office of the president of the International Olympic Committee (IOC).

The openly gay city councillor travelled across the world with the full backing of his hometown, a former Olympic host city, to urge the IOC to add sexual orientation to its charter among other unacceptable forms of discrimination.

He came away hopeful it



Jochem Farber, left, head of the IOC president's executive office, meets with Vancouver deputy mayor Tim Stevenson, IOC director of communications Mark Adams, and former VANOC spokeswoman Maureen Douglas in Sochi, Russia. COURTESY IAN JONES/IOC

will do just that.

"I'm pinching myself a bit," he told Metro on Monday in a phone call from the subtropical Russian city, just hours after meeting with two of the IOC

president's senior staffers.

"It's far more hopeful, and I am far more positive than I thought I would be."

Stevenson explained that the new president himself,

German fencer Thomas Bach, is busy meeting with heads of state and his executive board until the Games kick off Feb. 7.

But Stevenson was thrilled regardless to be able to sit

down for 75 minutes with Jochem Farber, the head of the president's executive office, as well as IOC director of communications Mark Adams.

"They basically said that

## Quoted

**"It's far more hopeful, and I am far more positive than I thought I would be."**

Vancouver Deputy Mayor Tim Stevenson, on his meeting to urge the IOC to amend its charter to include sexual orientation.

with the new president, Bach, he is instituting a whole renewal program of the IOC and everything is on the table for discussion with the members, including sexual orientation," Stevenson said.

The sweeping review, known as "Olympic Agenda 2020," began in December and will be discussed in the coming days by the 100-plus members of the IOC. It will culminate in December with a huge conference and vote in Monaco. **WITH FILES FROM THE ASSOCIATED PRESS**

## Boy was chained up, starved, beaten: Crown

A 10-year-old boy who died in the care of his father and stepmother was kept chained to his bed, stomped on and starved, prosecutors alleged Monday in the first day of the couple's murder trial.

Autopsy results showed "injuries on top of injuries" and open wounds on Shakeil Boothe's emaciated body, as well as clear signs of infection in his lungs and blood stream, Crown lawyer Kelly Slate told a Toronto-area court.

The boy's death was caused by a combination of blunt-force injuries, malnutrition, pneumonia and other infections, she said in her opening statement.

Shakeil's lifeless body was found on May 27, 2011, in the family's Brampton, Ont., home, court heard.

The boy's father, Garfield Boothe, and stepmother, Nichelle Boothe-Rowe, are charged with second-degree murder.

Garfield Boothe was originally charged with failing to provide the necessities of life but that charge was later



Shakeil Boothe CONTRIBUTED

upgraded to second-degree murder.

Nichelle Boothe-Rowe was previously facing a manslaughter charge.

Shakeil left his grandmother's care in Jamaica in 2009 to come live with his father in search of a better life, Slate said. Instead, he was dead within two years of his arrival.

Slate said the boy was an "obviously sick, malnour-

ished child" at the time of his death.

"Shakeil did not get to that state overnight."

Boothe and Boothe-Rowe "had an obligation to care for their 10-year-old son once he came to Canada," she said.

But things changed once the couple had a son of their own — an infant born in September of 2010, Slate argued.

Neighbours noticed Shakeil, previously viewed as a "happy but shy and quiet boy," wasn't seen playing outside or going to school, she said. They were told he was inside playing video games, she said.

And public health nurses who visited to help Boothe-Rowe with the baby "saw no sign of another child living in the house," Slate said.

Boothe called 911 the afternoon of May 27 to report Shakeil wasn't conscious or breathing.

Paramedics testified Monday they found the boy lying in bed, frigid and stiff and foaming at the mouth, suggesting he had been dead for a while.

**THE CANADIAN PRESS**

## Surveillance. CSEC chief denies agency breached Canadians' privacy

The head of Canada's eavesdropping agency says an effort to understand airport wireless systems did not breach the privacy of Canadians.

John Forster told a Senate committee that Communications Security Establishment Canada (CSEC) was merely collecting metadata, or data about data, and not the content of messages.

A document obtained by CBC indicates the pilot project was intended to help the agency locate kidnappers and terrorists.

The CSEC slide presentation suggests information was taken from an unidentified Canadian airport's free Wi-Fi system over a two-week period.

Forster says the agency was trying to build a mathematical model to help determine a communication pattern at a public location, in this case an airport. He says the model has subsequently been used in at least two cases to identify legitimate foreign targets.

Ottawa-based CSEC monitors foreign computer, satellite, radio and telephone traffic of people, states, organizations and terrorist groups for information of intelligence interest to Canada.

It is a key player in the Five Eyes intelligence network that includes partner agencies from the United States, Britain, Australia and New Zealand.

**THE CANADIAN PRESS**



CSEC Chief John Forster prepares to appear before the Senate National Security and Defence committee in Ottawa Monday. FRED CHARTRAND/THE CANADIAN PRESS

## Dramatic increase

### WHO predicts rise in cancer cases

The World Health Organization's cancer agency warns there will be 22 million new cases of cancer every year within the next two decades.

A report Monday estimated there were 14 million new cases in 2012, but predicted that figure would jump due to global aging and the spread of cancers to developing nations.

**THE ASSOCIATED PRESS**

## Lev Tahor children

### Kids must return to Quebec: Judge

An Ontario judge has ruled that children from an ultra-Orthodox Jewish sect, who left Quebec while the community was being investigated by social services, should be returned to that province.

Members of the Lev Tahor community, in Ste-Agathe-des-Monts, Que., were under investigation last year for issues including children's health and allegations that the kids weren't learning according to the provincial curriculum.

**THE CANADIAN PRESS**

# They grow up so fast! Facebook hits the big 1-0

## In an awkward phase.

As the social media site enters its tweens, it aims to be effortlessly hip as whippersnappers like Snapchat bite at its heels



KIERON  
MONKS

Metro World News in London

When a 2013 academic paper suggested Facebook could swiftly go the way of MySpace, the social media giant was able to laugh off the claims, showing that its client base was growing while the university in question was sliding.

Marking 10 years today, Mark Zuckerberg's baby has reasons to celebrate. Over one billion of us now hold accounts, with a steady increase in monthly users in every region of the world. Stock value has

## Staying on trend

"Facebook is under massive pressure to keep changing and I expect to see a vast new ecosystem of standalone apps for different purposes."

Matthew Rhodes, digital-strategy consultant

soared past \$150 billion after a disastrous initial flotation.

Yet there are growing threats to the global leader.

Facebook's recent output — including recent apps such as Paper, which makes reading easier and integrates with Instagram and Messenger, a no-frills riff on Snapchat — shows the company is aware its crown is slipping in a white-hot competitive market.

Teenage users are down 25 per cent in the last three years, and the company's own research highlighted "decrease in



Facebook CEO Mark Zuckerberg is seen at Facebook headquarters in Menlo Park, Calif., last April. JUSTIN SULLIVAN/GETTY IMAGES FILE

daily users, specifically among teens" as a leading concern. The classic formula is no longer enough, and the company is responding with creative gam-

bles.

Zuckerberg himself suggested it would take the next "three to five years" to transition from web to mobile com-

pany, in which time rivals such as Twitter and Instagram could have continued their rapid expansion alongside new competitors.

## Market Minute



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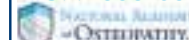
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# PUTTING SEXY BACK IN SEXAGENARIAN

I've always hated the phrase "a woman of a certain age." It implies that once a woman has reached a point in her life when she is no longer considered youthful, her exact age is simply unspeakable.

Many of my friends turning 30 this year (although some prefer to think of it as the first anniversary of their 29th birthday) and while I still have while to go before hit that milestone, I've already started noticing some of the inevitable signs of aging. At my mother's insistence, I recently began a nightly ritual involving anti-aging creams infused with retinol and other gravity-defying serums that I'm convinced have a bigger impact on my bank account than my face.

In honour of her 60th birthday, Christie Brinkley appeared on the cover of this week's People magazine looking absolutely flawless—albeit a bit unnaturally smooth—clad in a bold one-piece bathing suit.



**SHE SAYS**

**Jessica Napier**

metronews.ca

Part of me wants to believe that there is an aging portrait of Brinkley rotting away in an attic somewhere, but the blond bombshell insists that her mostly vegan lifestyle and a "joie de vivre" are what keep her looking like a fresh-faced supermodel. Plus her rigorous exercise routine, monthly facials, numerous hair extensions and, of course, a little help from Adobe Photoshop.

Brinkley isn't the only sexagenarian baring her body in the news this week. American Apparel—a clothing retailer renowned for their envelope-pushing campaigns featuring lithe bodies in leotards—recently revealed a new lingerie ad featuring 62-year-old model Jacky O'Shaughnessy.

Unlike Brinkley's magazine cover, this image shows a woman with grey hair, lines on her face and folds in her stomach, and she still looks like a total babe. O'Shaughnessy probably has incredible genetics on her side and—if I had to guess—a lifetime dedication to sunscreen, but looking at

these striking images of a silver-haired beauty in lace underwear and bright red lipstick gives me hope for the future.

It's refreshing to see women like O'Shaughnessy in the media embracing their age rather than desperately trying to reconstruct their face into some unrecognizable Botox-filled version of their former selves. The older women in my life are some of the most beautiful people I know. Not because they are trying to look younger and deny their true age, but because they take pride in their appearance. When my great aunt passed away last year I can remember admiring how elegant she looked in the hospital bed dressed in her finest pearls, nails polished and her hair immaculately coiffed.

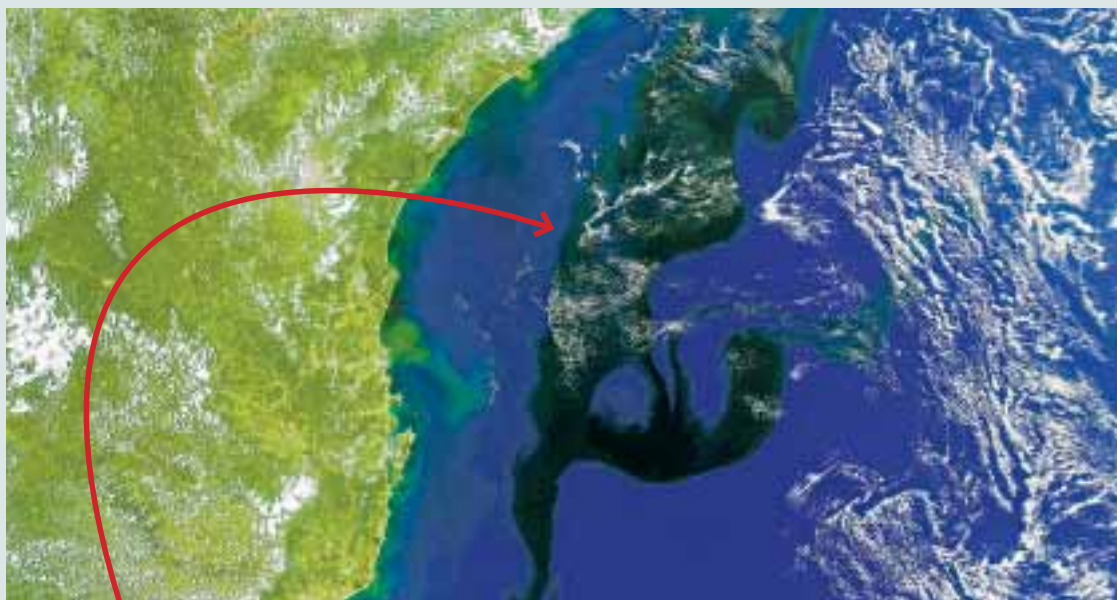
Aging can be a difficult process to come to terms with, but I would rather be who I am now than turn back the clock 10 years. I'll accept that teenage pimples give way to adult wrinkles and feel fortunate that I have such great memories behind each and every laugh line.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

### Brazil's dark cloud makes waves



NASA

#### Microscopic life

An ominous-looking dark blotch has been spotted stretching 800 km along Brazil's Atlantic coast.

The black formation, pictured by Aqua, a NASA satellite that monitors Earth's water cycle, is actually a bloom made up of microscopic animals known as Myrionecta rubra. Viewed close up, the bloom is red, but a distortion of light on the water means it looks black from orbit. **METRO**

#### What is marine bloom?

- **Definition.** Fast accumulation in the population of algae in water.
- **Concentration.** Up to millions of cells per millilitre.
- **Cause.** Result of an excess of nutrients into waters. Higher concentrations of these nutrients lead to increased growth of algae and green plants.

#### Microorganisms steal from algae

Living a metre below the water surface, Myrionecta rubra are dubbed the thieves of the microbial world: Using a "straw," these fast-swimming unicellular organisms suck out chlorophyll from other algae, and then use the pigment for photosynthesis in order to obtain energy. However, Myrionecta rubra are not known to be toxic to other marine life or humans. **METRO**

#### Risk factor

Certain algal blooms can threaten other aquatic organisms and the safety of human drinking water. Blooms can cause damage by blocking sunlight and depleting oxygen required by other aquatic organisms, as well as produce potent toxins that can cause adverse health effects to wildlife and humans.

**METRO**

#### Clickbait

**DYLAN ROBERTSON**  
For Metro online

**Planning your next vacation to a foreign land? These audio-translation apps may come in handy. Use your phone to order a beer, speak with cab drivers and even find sunscreen. Instant translation is literally in the palm of your hand.**

#### Vocre:

Speak or type into your phone and have your phrases voiced out in 66 dialects. This app recognizes Canadian accents and slang, and can say your 'bon mots' in both France French and Quebec French. You can also have a slightly delayed conversation with this app. \$4.99 for iOS, \$1.02 for Android.

#### Google Translate:

This app lets you translate text instantly between 80 languages. You can also draw words in foreign scripts, like Cyrillic or Chinese, and have the text typed out. Free for iOS and Android.



#### Twitter

A man says he left Mexico this past December for a day of shark fishing and ended up spending 13 months surviving on fish, birds and turtles before washing ashore on the Marshall Islands thousands of kilometres away. How would you survive on the seas?

@MeToddScott: in the Pacific there are tonnes of plastic. They create mini reefs for fish. A net fragment and I'm in business.

Follow @metropicks and take part in our daily poll. Best tweets published right here.

lished right here.

#### Comments

**RE: Video: Light humour, emotional ads rule Super Bowl, published online Monday, Feb. 3, 2014**

Not a single one of these commercials made it to our TV. There was a Bell ad, several Rogers ads, and a bunch of 1-4 year old commercials such as the Mountain Dew one where the guy's spine should be crushed from the head-first collision.

ijdfc, posted to metronews.ca

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: londonletters@metronews.ca



DVD review



Dallas Buyers Club

Director. Jean-Marc Vallée

Stars. Matthew McConaughey, Jennifer Garner, Jared Leto

Matthew McConaughey becomes a hero to the afflicted and a villain to outraged authorities in this fact-based 1980s story of a Texas rodeo cowboy who refuses to go quietly after HIV cuts him low. McConaughey lost some 40 pounds for the role of redeemable rogue Ron Woodroof, playing him with a faultless blend of vinegar and honey. Jared Leto is the other hero of this David versus Goliath drama, directed by Quebec's Jean-Marc Vallée. McConaughey and Leto have both been nominated for Oscars, deservedly so, at the March 2 Academy Awards.

PETER HOWELL

Investigation

Stamped drug bags found at Hoffman's house

A law enforcement official says tests have confirmed there was heroin in at least some of the dozens of plastic packets in a New York City apartment where Philip Seymour Hoffman was found dead.

Officials are working to determine whether the drug was mixed or tainted with anything else. An autopsy was being conducted Monday. Police have been investigating Hoffman's death as an apparent overdose. Law enforcement officials said he was found with a needle in his arm.

Two officials said Monday that at least four dozen small packets were found in the apartment. Some of the one-dose packets were stamped with the ace of hearts symbol, and others with the words "Ace of Spades" and that symbol, another law enforcement official said.

Stamps are common as a form of drug-world branding.

THE ASSOCIATED PRESS

# Hoffman's Hunger Games role to remain untouched

## 'Devastating loss.'

Actor's castmates and co-workers mourn loss, but Hoffman's role in his final films will remain intact save for a small rewrite



RICHARD CROUSE  
scene@metronews.ca

The news of Philip Seymour Hoffman's sudden passing was met with a heartfelt outpouring of grief from fans and those who worked with him.

"Philip Seymour Hoffman was a singular talent and one of the most gifted actors of our generation," Lionsgate, the studio behind the upcoming *Hunger Games: Mockingjay Part 1* and *2*, said in a written statement. "We're very fortunate that he graced our *Hunger Games* family. Losing him in his prime is a tragedy, and we send our deepest condolences to Philip's family."

Hoffman played head-games-maker-turned-rebel leader Plutarch Heavensbee in the successful series. It is a pivotal role.

In the wake of the actor's death, questions arose as to whether the uncompleted blockbusters-in-waiting would be completed in time for their scheduled November 21, 2014 for *Part 1* and November 20, 2015 for *Part 2* release dates.

Hollywood studios have handled the sudden death of cast members in many different ways. In some cases, films are even abandoned.

Production on *Something's Got to Give* was shut down permanently after Marilyn Monroe's August 1962 barbiturate overdose.

Dark Blood, River Phoenix's final film, was put into cold storage when the young actor died before filming several crucial scenes. But both movies were eventually resurrected. The documentary *Marilyn: The Final Days* used footage from Monroe's aborted film while *Dark Blood* sat for 19 years before being finished and shown at film festivals.

Father and son Bruce and Brandon Lee both died early, leaving behind unfinished



Philip Seymour Hoffman played Plutarch Heavensbee in *Catching Fire* and the upcoming *Mockingjay Part 1* and *2*.

CONTRIBUTED

films. The elder martial arts legend had completed 100 minutes of *The Game of Death* when a cerebral edema took his life.

Even more tragically, Brandon was killed on the set of *The Crow* in an accident involving a prop handgun.

Both films were salvaged with the use of stand-ins.

When Oliver Reed collapsed of a heart attack at a Malta pub after out-drinking a group of Royal Navy sailors, the editing crew of *Gladiator* replaced him digitally in the remaining scenes of the film.

More recently, Heath Ledger unexpectedly died during the production of *The Imaginarium of Dr. Parnassus*. He was replaced in the surreal story by three actors.

"I just started calling friends of Heath," director Terry Gilliam said. "It's as simple as that."

"Johnny (Depp), Colin (Farrell) and Jude (Law) turned up. It was important that they were friends, because I wanted to keep it in the family. I wanted people who were close to him because, as Colin said when he was doing his part, he was channeling Heath part of the time,

so Heath was very much still alive in some sense.

"Contractually, it was supposed to be a Terry Gilliam Film," said Gilliam. "That's what the lawyers said, but I said, 'No way it's going to be that. It's going to be a film from Heath Ledger and friends.' The cast sat around one night and that idea came up and I said, 'This is it. Perfect. That's how we do it.'"

As for the upcoming *Hunger Games* films, reports now confirm that Hoffman completed work on *Part 1* and had just seven days left of shooting on *Part 2*.

His absence will not require any recasting, just a rewrite of one scene. And so *Mockingjay Part 2* becomes the final film in Hoffman's remarkable career.

"Words cannot convey the devastating loss we are all feeling right now. Philip was a wonderful person and an exceptional talent, and our hearts are breaking," reads a statement released by *The Hunger Games* author Suzanne Collins, the films' director Francis Lawrence, producers Nina Jacobson and Jon Kilik and star Jennifer Lawrence.

## Honouring Hoffman

Broadway theatres in New York City will dim their marquee lights Wednesday night in memory of Philip Seymour Hoffman, the movie and theatre star who earned three Tony Award nominations. The Broadway League said Monday the lights will be dimmed for one minute starting at 7:45 p.m. Eastern time. Hoffman made his Broadway debut in Sam Shepard's *True West* with John C. Reilly in 2000 and followed it up three years later with Eugene O'Neill's *Long Day's Journey Into Night* with Brian Dennehy and Vanessa Redgrave. In 2012, he played a powerful Willy Loman in *Death of a Salesman* by Arthur Miller under the direction of Mike Nichols. Each time he earned a Tony nod. He also was a longtime supporter of the off-Broadway Labyrinth Theatre Company, where he served as co-artistic director.

THE ASSOCIATED PRESS

# 2 SCENE





Tori Spelling and Dean McDermott ALL PHOTOS GETTY IMAGES

## Top Chef Canada adds dash of Dean and teaspoon of Tori to its panel

Reality TV duo Tori Spelling and Dean McDermott will guest judge on the next season of Top Chef Canada.

Food Network Canada says Toronto Raptors forward Amir Johnson and star chefs Chuck Hughes, Lynn Crawford and Susur Lee are among the other guest judges for the season.

Seven men and seven women will compete on the new season, which premieres March 10 (at 9 p.m. ET/10 p.m. PT).

Food Network says it's the "most extreme season" of the series, in which chefs from

across the country battle for the title and prizes, including \$100,000.

Actress Lisa Ray returns to host and critique dishes alongside head judge Mark McEwan and restaurateur Shereen Arazm.

Last month, McDermott's publicist confirmed that the Toronto-born actor and Chopped Canada host had entered rehab for "some health and personal issues."

McDermott and Spelling married in 2006 and have four children.

THE CANADIAN PRESS



Justin Bieber

## Strippers, Biebs and videotape: But will anyone want to watch?

Justin Bieber has racked up another piece for his commanding game of Career Tailspin Bingo, thanks to an illicit videotape being shopped around to media outlets which reportedly shows the troubled pop star cavorting with strippers in Australia, according to Radar Online. The tape, which was apparently recorded in Nov-

ember, shows Bieber romping "with two strippers, during which he spansks their bum and pulls off their panties with his teeth," according to a source who claims to have seen the tape, which was reportedly sourced from the strip club's in-house security setup. The anonymous seller is understandably demanding a fortune.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Think Miley's act is offensive? She doesn't give a Cyrus

MELINDA TAUB  
Metro World News

Miley Cyrus could either be the next Madonna or the next Howard Hughes. The next Michael Jackson or the next, well, Michael Jackson. In other words, she could be an enduring superstar or completely flame out, and a new profile by Ronan Farrow (who knows a few things about growing up in a celebrity bubble) in W makes both possibilities seem equally likely.

Among the details we learn about Miley: She apparently hates to leave her house, doesn't listen to people unless they're talking about music, and relates strongly to Blanche Dubois, the mentally frail heroine of A Streetcar Named Desire.

Some of the things Miley doesn't like to listen to are the accusations that her act, which frequently in-

volves spanking and groping women of colour and little people, is offensive. "I don't give a s—," she says. "I'm not Disney, where they have, like, an Asian girl, a black girl, and a white girl, to be politically correct, and, like, everyone has bright-coloured T-shirts. You know, it's like, I'm not making any kind of statement. Anyone that hates on you is always below you, because they're just jealous of what you have."

Probably it's not a great idea to respond to accusations of racism with, "You're below me." That could be misconstrued. Or correctly construed.

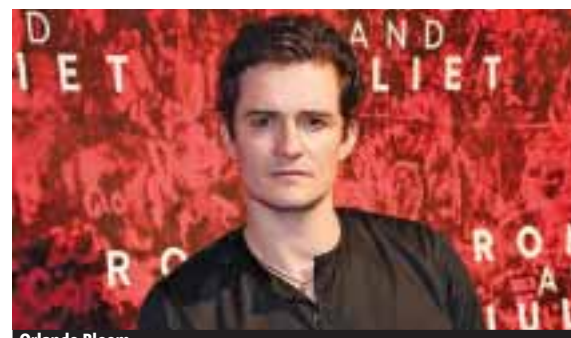
Miley's own cast, though, also spoke out in her defense.

"I say, 'Bah, humbug' to that," African American backup dancer Amazon Ashley says to critics.

"Miley treats me with the utmost respect. Twerking is my act. It's what I enjoy; it's who I am."

Little person Brittney Guzman agrees. "When she grabs my boobs, we're just having fun," she says. "It's not degrading."

"We're just having fun" has never sounded so creepy.



Orlando Bloom

## Is a new romance in full Bloom for Orlando?

While Orlando Bloom has been enjoying possibly the most amicable divorce in Hollywood history with his split from Miranda Kerr, he also appears to finally be entertaining new prospects again. Bloom was spotted recently at L.A. bar the Roger Room with French actress Nora Arnezeder, and though he was on his best

behaviour sources could tell something was up, according to People magazine. "Orlando was there just with a girl and not in a group," a source says. "He knew that there were paparazzi outside so he was being very careful about his behaviour with her." The pair later shared a ride home on his motorcycle.



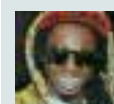
John Mayer

## Recovering tweetaholic Mayer has fallen off the webbed wagon

Look out, Twitter. John Mayer is back on the scene. After making a big deal of quitting the social media forum back in 2010, Mayer logged back on over the weekend with a cheerful, "I'm back. What'd I miss?" His return might have something to do with the fact that his girlfriend, Katy Perry, is the most popular person on Twitter. Or maybe he's gotten over his Twitter-induced writer's block. In 2011, Mayer explained

why he had to quit Twitter: "I realized about a year ago that I couldn't have a complete thought anymore, and I was a tweetaholic," he said. "I had four million Twitter followers, and I was always writing on it. And I stopped using Twitter as an outlet and I started using Twitter as the instrument to riff on, and it started to make my mind smaller and smaller and smaller. And I couldn't write a song."

### Twitter



@LilTunechi

Girl ya know I luv ya and I care 4 ya I got sum new shoes and a bag of hair 4 ya



@WhitneyCummings

Stop saying some random dumb thing is "everything" because then I have to sit there and exert all this energy trying not to roll my eyes



@JuddApatow

Whenever they show a hairy man's back on a commercial as a punch line I feel sad because I am always hairier than them.



# Don't let your 2014 resolutions fizzle out

## One month in.

Whether it's working out or breaking a habit, there are ways to get back on track

MELISSA DUNNE  
life@metronews.ca

Mark Twain saw the glass as half empty in terms of New Year's resolutions. In January 1863, he wrote "Now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual."

It turns out the great American writer wasn't far off the mark. Research by John Norcross, a professor of psychology at the University of Scranton, found 29 per cent of resolvers had already failed 14 days in and by February that number jumps to 36 per cent.

Mere hours into Jan. 1, I was guzzling Diet Coke straight from a bottle left over from a holiday party, though giving up the stuff was my resolution.

Like many Canadians, my



You are likely to slip but dust yourself off and try again. ISTOCK

desire to stick to my New Year's resolution quickly fizzled.

The first mistake I made in January was failing to modify my environment, says Nor-

cross. Having soda in the house was akin to walking outside in six-inch heels after a polar vortex and expecting not to slip.

On Jan. 2, I should have poured the pop down the drain, not down my throat. But my will to try went flat and I was back to drinking about two litres of caramel-coloured, aspartame-spiked, carbonated syrup per day.

This was another classic resolver mistake.

"A little slip is not a total fall," said Norcross, a man who has literally written the book on making changes stick.

You will slip. The trick is to dust yourself off and try again, not lie on the ground surrounded by empty pop

bottles. Norcross points out a study that showed 71 per cent of eventually successful resolvers said their first slip actually strengthened their resolve.

On Jan. 9, I resolved to white-knuckle my bête-noire anew, determined not to turn red from the embarrassment of failing this time.

So far, I have crushed my habit like those thin aluminum cans that used to fill my recycling bin. While Norcross' research shows by Canada Day 56 per cent of resolvers have given up, that means 44 per cent are still bubbling with optimism.

Twain be damned, in 2014 I'm going to see my glass as half full of soda ... water, thank you very much.

## For your phone

### Carrot Fit (iPad, \$1.99)



MIND THE APP  
Kris Abel  
@RealKrisAbel  
life@metronews.ca

A vengeful, talking computer monitors your weight loss in this darkly comedic fitness parody. Each day you type in your weight, Carrot reacts with outlandish insults and playful effects. Hilarious.



## Half-Off

Elisha is now four weeks into her plan to lose 10 pounds in six weeks. But she's at an all-inclusive resort in Mexico on an emergency winter vacation. Will the all-day buffet and open bar do her in? Visit [metronews.ca/voices/half-off](http://metronews.ca/voices/half-off) to find out.



## Get back on track

Have you already given up on your resolution for 2014? Get back on track with some tips from John Norcross, the author of *Changeology*.

- **Haters to the left.** Surround yourself with family and friends who support you and your goal.
- **Learn from the past.** Under-

stand why you slipped and recommit.

- **Bribe yourself.** If at the end of every week you have stayed the course, reward yourself with anything from a pedicure to concert tickets.
- **Keep track.** Seeing your progress in black and white will keep you motivated.

# HAIR IMPRESSIONS

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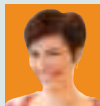
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## Health Solutions

Brain food  
and then some

**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

You've seen the chain email that shows walnuts were created in the shape of your brain because they are brain food. And that carrots when cut into rounds look like eyes and are coincidentally good for eyes.

Google it! Kind of cool little quirky facts to kick around.

But the truth is, walnuts are good for lots more than just brains. They are also good for making ho-hum sandwiches, omelets, pastas and salads turn into amazing meals!

- Walnuts have been shown to reduce inflammation overall due to their good fat content.
- They contain high amounts of Omega 3, which has been shown to reduce the incidence of Alzheimer's, de-

pression and ADHD, among other things.

- Walnuts are one of the highest anti-oxidant nuts.
- Consumption of them has been linked to reduced risk of diabetes.
- One study says that they can reduce the stress related to high blood pressure.

## Creative ways to use walnuts

- Toss whole and raw into salads.
- Toast and use in place of croutons in soup.
- Grind and add to pastry dough or shortbread.
- Puree into hummus.
- Use as a base for blue cheese appetizers.
- Make a gremolata and use everywhere.

Walnuts pair well in both sweet and savoury applications, plus their crunch and nutrients are good for your brain ('cause that's the way they are shaped — ha!).  
**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

# What's crunchy, healthy and goes on pizza, pasta and more?

**THERESA ALBERT**

myfriendinfood.com

If you go too far and end up pureeing the nuts in the blender, add some Parmesan cheese and call it a pesto.

A quick pulse is really all you need to chop the nuts and keep them whole to make this topping known as Gremolata.

Traditionally, lemon zest is the key ingredient and the others, as well as their proportions, are as flexible as your imagination.

Once made, this keeps in

## Ingredients

- 1/2 cup flat leaf parsley (rinsed and dried very well)
- 1/2 cup walnuts (toasted lightly in a dry pan)
- 1 clove garlic (minced)
- 1 tsp lemon zest
- Pinch of coarse salt
- 2-3 tbsp extra virgin olive oil

**PREP**  
10 MINUTES



Gremolata is just one of the creative ways in which you can use walnuts. COURTESY THERESA ALBERT

the fridge for a couple of weeks and jazzes up every salad, sandwich, pasta, dip, flatbread, pizza... You get the idea.

blender or mini-chopper and pulse until coarsely chopped. Store in fridge in a covered jar for up to 2 weeks.

**THERESA ALBERT OF MYFRIENDINFOOD.COM/@THERESAALBERT ON TWITTER**

1. Add all ingredients to a

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**ROAD TO THE THREE PEAT**

## Warm up with an Arugula and Spinach Salad



**ROSE REISMAN**  
For more, visit  
rosereisman.com or  
follow her on twitter  
@rosereisman

With warm mushrooms and melting cheese, this salad makes for the perfect winter dish.

Use any variety of mushrooms you like. The key is to

cook the mushrooms on a medium-high heat until all the moisture evaporates.

You can sauté the mushrooms and mix the dressing up to a day in advance. If you do, dress just before serving.

1. Lightly coat a nonstick skillet with cooking spray and sauté the mushrooms over medium heat for about 8 minutes, or

just until they are no longer wet and are slightly browned. Respray pan or add 2 tbsp (30 ml) water if mushrooms begin to burn. Keep warm.

2. Dressing: Whisk together the olive oil, balsamic vinegar, mayonnaise, honey, garlic, mustard, and salt and pepper.

3. Place the spinach, arugula, sautéed mushrooms and Parmesan in a large serving bowl. Pour the dressing over the salad and toss. Serve.

## Ingredients

## Salad

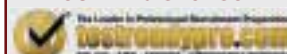
- 3 cups mushrooms, halved
- 4 cups baby spinach
- 4 cups arugula
- 1/2 cup grated Parmesan

## Dressing

- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tbsp reduced-fat mayonnaise
- 2 tsp honey
- 1/2 tsp finely chopped garlic
- 1/2 tsp Dijon mustard
- pinch of salt and pepper

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# Get your financial future in shape

**Savings advice.** Two main vehicles available as you map out personal financial goals

YVLA  
VAN BUUREN  
For Metro

"Every January, Canadians start thinking about getting fit. And every February, even though we should be thinking about it all year, most Canadians start thinking about retirement," says Dean Owen, a Saskatoon-based financial adviser with Advocis, the Financial Advisors Association of Canada.

Two important retirement savings vehicles are the registered retirement savings plan (RRSP) and the tax-free savings account (TFSA).

RRSPs were introduced by

the federal government in 1957 to allow you to save for the future on a tax-sheltered basis. A big advantage is that contributions are tax deductible the year they are made, Owen said.

"And that gives you an immediate break on your tax bill."

But you will have to pay tax when you withdraw funds from your RRSP down the road. The amount is added to your income that year and taxed at regular rates. There may also be old age security clawbacks based on income.

"Withdrawing from your RRSP may push you into an income bracket where old age security is reduced."

The TFSA was introduced in 2008 and is also a registered account with the federal government. The benefit of a TFSA is that it allows your investment income and capital gains to grow tax-free,

Owen said.

"You're never taxed on the growth, and any withdrawal is tax-free."

Also, TFSA funds will not affect eligibility for federal income benefits such as old age security.

The main disadvantage for many people is that TFSA contributions are not tax deductible when you contribute the money.

## RRSP or TFSA?

It can be tough to balance the benefits against the disadvantages of both, Owen said. What's important is that you look at both in relation to your personal financial goals and situation.

"My general recommendation is that people with an income over \$50,000 invest in both RRSPs and TFSAs. But if your income is below \$40,000, an RRSP may not be your first or best choice."



Two important retirement savings vehicles are the registered retirement savings plan (RRSP) and the tax-free savings account (TFSA). BIKERIDERLONDON/SHUTTERSTOCK

## Understanding RRSPs



The registered retirement savings plan (RRSP) is a popular vehicle for Canadians to save money on a tax-deferred basis for their retirement.

But RRSPs are not a retirement panacea, and there are a few things investors should be aware of and avoid when it comes to their plans.

"It's really important to understand RRSPs, their benefits, why you should contribute and what you shouldn't do," said Chris Buttigieg, senior manager of wealth planning strategy with BMO Financial Group.

"A lot of people make contributions but don't really understand some of the consequences of RRSPs, such as early withdrawals and benefits like tax-deferred growth."

Perhaps the biggest no-no associated with RRSPs is to withdraw money for any reason other than investing in the first-time homebuyers or lifelong learning plans, which allow you to withdraw certain amounts of money from your RRSP to buy your first home or go back to school and repay it within a certain period of



Investors should be aware of RRSP mistakes and avoid them when it comes to savings plans. OLESVA FEKETA/SHUTTERSTOCK

time without paying tax.

The government taxes other early withdrawals very heavily. And there are other penalties.

Once you withdraw the money it is considered income and will be added to your total income, which you are taxed on as well.

Once you have withdrawn the money it is removed from the contribution room available to you and you cannot re-contribute it later.

Many RRSP investors make their contributions to get their tax refund but end up leaving the money sitting in cash where it will make little

or no interest. It makes sense to talk to a financial adviser about building a portfolio in your RRSP to maximize gains and limit risk.

"Once you've made your contribution and get your refund why not apply it to some debt like a mortgage or invest it in a tax-free savings account — it's like hitting two birds with one stone," Buttigieg said.

## THE CANADIAN PRESS

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\* Scotiabank 2012 Investment Poll, Canadians Saving and Investing Attitudes & Behaviours, conducted by Harris/Decima, November/December 2012.



# HOW TO JUGGLE

## WORK AND CLASSES

Looking for a part-time job while juggling classes and homework can be a challenge. Tang Choy, an employment support counsellor from Ryerson University's Career Centre, has numerous tips that will help students cut their job search time in half.

**1** Spread the word. Let your family, friends and acquaintances know that you are looking for part-time work and indicate your area of interest. Remember, if your connections don't know that you are seeking employment, they can't help. Apply the 80/20 rule when sharing your job search progress with your social network online — 80 per cent of your updates should benefit/help others, and the other 20 per cent can be self-promotional.

**2** Research and prepare. Target your job search by researching compan-



LIGHT POET/SHUTTERSTOCK

ies you want to work for, and remember that everyone you meet could potentially have a job for you. Prepare and rehearse a 30-second pitch that you can use on a prospective employer to highlight your relevant skills and experience.

**3** Tailor your resumé and cover letter. Use key words in your resumé and cover letter that are included in the job description.

**4** Look on- and off-campus. Check out employment opportunities on campus,

and talk to your professors to see if they can use an extra hand. Off campus, visit company websites and connect with professionals in the field. Also consider staffing agencies that provide opportunities for temporary work. — *Metro News Services*



## London Language Institute

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# WESTERVELT TRAINS YOU FOR SUCCESS

Today's licensed massage therapists are highly-trained professionals and Westervelt College is proud to be training massage therapists who become an integral part of the health-care team.

Westervelt's classrooms are set up for success, and students gain the crucial hands-on experience they will need to succeed in unique clinic classrooms taught by experienced massage therapists.

"The teachers at Westervelt made me realize I was definitely choosing the

career I had always wanted," says Jennifer Brett, a graduate of the massage therapy program. "My teachers were all very approachable, understanding and helpful in all areas of the course and successfully prepared me to pass my OSCE and MCQ exams with the College of Massage Therapists of Ontario (CMTO)."

Also, students gain valuable practical experience during the student massage clinic and massage outreach opportunities with sports teams or other agencies.

Massage therapy is a rapidly growing field and is recognized as an essential part of health care. Graduates may choose to become entrepreneurs by opening their own massage clinic or may seek career opportunities in physiotherapy clinics, health spas, chiropractic practices, sports injury clinics, fitness centres and/or wellness centres.

The next intake for the massage therapist program is Feb. 24.

For more information about this program, visit [westervelt.ca](http://westervelt.ca).



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## TAKE PART IN WESTERN EXERCISE STUDY

While new year's resolutions for getting fit may have lapses, or did not even interest some people, Western University school of kinesiology is currently looking for adults between the ages of 35 to 65 who currently do not exercise for a research study titled Thoughts on Exercise.

"The study focuses on what adults who do not currently exercise actually think about exercise, particularly what they think would occur if the engage in exercise," says Alison Divine, the study co-

ordinator and PhD student. "The majority of Canadian adults are not sufficiently active to achieve health benefits such as reduced risk of cardiovascular disease, diabetes and certain cancers."

The study, funded by the Canadian Institute of Health Research, is being conducted by Divine and Dr. Craig Hall of the exercise and psychology lab at Western University.

Divine says people engage in exercise for a variety of reasons, whether it

be to lose weight or to improve health. The study will examine these motives or outcome expectations combined with attitudes and the belief that one is capable of exercising predicts exercise behaviour.

"Understanding these factors and how they relate will help us to encourage people to initiate and sustain exercise behaviour," Divine says.

For more information or to participate, call 519-661-3211, ext. 6, or email [thoughtsonexercise@gmail.com](mailto:thoughtsonexercise@gmail.com).



## What do you think about exercise?

Tell us what really happens with exercise

**Your participation is welcome if you are:**

- A healthy adult between the ages of 35 and 65
- NOT currently exercising



A \$20 grocery store gift card for study participation will be provided



For more information or to sign up please contact [thoughtsonexercise@gmail.com](mailto:thoughtsonexercise@gmail.com) (519) 661-3211 ext 6

PRINCIPAL INVESTIGATOR: Dr. Craig Hall



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- ✓ Learn about the program
- ✓ Hear from successful graduates
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# ACHIEVE YOUR LANGUAGE GOALS AT LLI

If English is your second language and you are looking to improve on your English for either your education or employment opportunities, the London Language Institute (LLI) offers a number of programs to help you achieve your goals.

"Through the various programs and services we offer, students can complete their English and academic preparation studies, prepare for and complete any required proficiency tests, and complete the application for college or university, all within a familiar environment," says Paula Medina, director of London Language Institute.

LLI has been offering English as a second language instruction to international students since 1998, and has had about 4,000 students come through its doors from more than 60 different countries.

The main program offered at LLI is the full-time ESL program, which is offered to students from beginner to advanced levels.

For students looking to further their studies in an English-speaking college or university program, LLI also offers a



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three-level academic preparation program, which provides students with the language and skills required to succeed in a post-secondary setting.

LLI has developed agreements with many universities in Canada and the

United States, which allows its students to apply for and receive conditional offers of acceptance in conjunction with their language studies at LLI.

LLI is currently opening branches outside of Canada, which will allow stu-

## MORE PROGRAMS

The London Language Institute (LLI) offers a variety of training programs for ESL instructors.

For individuals interested in teaching in private schools in Canada or overseas, LLI offers the ACE TESOL certificate program, which is recognized by TESL Canada, which is the standard of most private schools across Canada.

dents to begin ESL studies in their home countries using LLI's curriculum, and then transfer to the Canadian program for the final levels in order to become accustomed to Canadian culture before entering college or university.

"LLI strives to offer the best experience to all of our students," Medina says. "We want all of our students to feel like a part of the LLI family, and often hear from past students."

For more about the London Language Institute, visit [llinstitute.com](http://llinstitute.com).

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## BOOST YOUR GLOBAL AWARENESS KING'S UNIVERSITY

By offering students the chance to take part in international programs, King's University is hoping to foster a sense of global awareness among its students.

Whether students are studying in the liberal arts and sciences, business or a professional program, they need to be prepared to work within a global economy.

"Students today are living in an interconnected world and require the skills to interact with and understand their neighbour next door, who may be quite different than themselves, as well as a business partner or colleague who may be living in another part of the world," says Dr. Linda Weber, manager, King's International.

"The ability to respect and understand commonalities and differences across nations and cultures is a fundamental attitude and skill for all students to develop."

In line with King's commitment to creating an international environment for its students, the school will be hosting King's annual cultural festival Feb. 6.

This event will take place in the King's Student Life Centre and will be showcasing



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music and dance performances from all over the world.

And during reading week, King's professors will be taking students out of the country to gain first-hand experiences to places such as the Dominican Republic, Ethiopia, France, and Rome.

For more information about King's International programs, visit [kings.uwo.ca](http://kings.uwo.ca).



Volleyball

## Forest City club receives national recognition

London's Forest City Volleyball Club is one of three clubs in Canada to be recognized in the new Volleyball Canada accreditation program.

The program recognizes and rewards the contributions clubs make to the development of volleyball in Canada.

The accreditation is for clubs that demonstrate commitment to excellence in several areas including coach, athlete and volunteer development, accountable governance, gender balance and club capacity, among other criteria.

The Forest City club is more than 20 years old.

METRO

OHL

## Another weekly-best nod for Domi

For the second time this season, the London Knights' Max Domi has been named the OHL player of the week.

Domi had two goals and four assists as the Knights rolled to three weekend wins in North Bay, Sudbury and Barrie.

Domi, 18, is in his third OHL season with the Knights and he now has 25 goals and 45 assists for 70 points in 44 games.

He is tied for seventh in OHL scoring with teammate Chris Tierney. METRO

NBL Canada

## Lightning lose Phillips to France

One of the most recognizable faces of the London Lightning is leaving the franchise.

Marvin Phillips, the National Basketball League of Canada's 2013 MVP, is headed to France to further his career, the team said in a statement.

"It has truly been a great run here in London. I am thankful for all the love and support you all gave me during my entire stay," Phillips said. "This is a chance I have to take."

The departure is a "huge loss" for the team, Lightning general manager Taylor Brown said.

"From a financial perspective, this was a decision Marvin had to make," he added. METRO



Infielder Tim Wallach of the Montreal Expos will be inducted into the Canadian Baseball Hall of Fame and Museum this year. STEPHEN DUNN/ALLSPORT FILE

# Expos dominate hall of fame class

## Montreal moments.

Former major leaguer Wallach heads 2014 list of inductees



DAVE LANGFORD  
dave.langford@metronews.ca

The Montreal Expos baseball franchise may be dead as we know it, but the memories will live on forever.

And the Canadian Baseball Hall of Fame and Museum is doing its share in not letting us forget. The hall announced its 2014 inductees on Monday and three of the four have strong Montreal connections.

From the Expos, long-time third baseman Tim Wallach, former general manager Murray Cook and legendary Expo broadcaster Dave Van Horne all will be inducted in the hall of fame on June 21 in St. Marys.

Canadian national team

## Inductees at a glance

- **Tim Wallach** is the Expos' all-time leader in several statistical categories, including games played (1,767), hits (1,694), doubles (360), RBIs (905) and total bases (2,728). He also ranks third all-time among Expos in runs (737) and fourth in home runs (204). In 2014, he will serve as the Los Angeles Dodgers bench coach.
- **Dave Van Horne** calls games for the Miami Marlins now, but for hundreds of thousands of Canadians, he will always be the voice

of the Montreal Expos. Behind the mic for the Expos' first game on April 8, 1969, until the end of the 2000 season, Van Horne became known for his smooth baritone and trademark catch-phrases like "Up, up and away!" when the Expos hit a home run.

- **Murray Cook** was named general manager of the Expos in 1983, becoming just the second Canadian to be a big league GM (Huntsville, Ont., native George Selkirk was the Washington Senators' GM from 1964

to 1969). He remains just one of five Canadians to serve as a GM at the major league level.

- **Jim Ridley** was a scout for the Blue Jays for 26 years. He also coached the Canadian junior national team from 1983 to 1988, leading the squad to bronze medals at the world junior baseball championship in 1983 and 1987. In 1988, he coached the Canadian Olympic baseball team and three years later, he was chosen to manage Canada's squad at the Pan Am Games.

coach and long-time scout Jim Ridley will also be inducted posthumously.

"Tim Wallach and Dave Van Horne are two names that have become synonymous with the Montreal Expos, and both have had a significant impact

on baseball in this country, and Murray Cook and Jim Ridley helped blaze a trail for Canadians in the professional scouting and executive ranks," said Scott Crawford, the hall's director of operations.

The induction ceremony

will be part of a June festival that will also include a celebrity slo-pitch game and home-run derby, a London Salutes Canadian Baseball breakfast, the hall's 18th annual celebrity golf tournament and a Toronto Blue Jays camp for kids.



# 'The pressure's clearly on them'

**Ice hockey.** Great things expected from Ovechkin and Malkin's Russians as they enter Sochi as 'centrepiece' of Games

Friends and family have been calling Alex Ovechkin and Evgeni Malkin for months, asking about Olympic tickets and wanting to know who was going to be on the Russian team.

"I field questions about Sochi always," Malkin said. "I feel right now it's pressure for the team, for me. It's everyone."

The Sochi Olympics are a showcase of a generation for Russia and Prime Minister Vladimir Putin, and with that comes the pressure of a lifetime for those taking part in the event the country believes it must win.

"I don't think about it because I don't want to take pressure right now on me," Ovechkin said last month. "But it's kind of hard to do. Every time when I go to the news and on the Internet, I just see about the Olympic Games."

From a hockey standpoint, that means attention on Ovechkin, Malkin, captain Pavel Datsyuk and NHL-star-turned-KHL-

## Parallels of pressure



"We can relate, for sure. It wasn't that long ago, and we all know how proud of a hockey nation Russia is, too."

Sidney Crosby acknowledges the parallels between his gold-medal-winning Canadian team from four years ago and the 2014 Russians.

suk and NHL-star-turned-KHL-hero Ilya Kovalchuk, and the expectation of gold on Feb. 23 at Bolshoy Ice Dome. Anything less isn't an option the Russians want to consider.

It's similar to what Canada went through in Vancouver in 2010 with a need to show dominance in a national sport. Given that Russia hasn't won gold since 1992, when it played as the Unified Team, there's even more anxiety.

"I think that always goes with the territory," U.S. general manager David Poile said. "It's probably even more so because starting from the top with Putin, he's wanted these Olympics; the centrepiece is the hockey. The whole Sochi is sort



Russians Sergei Gonchar, from left, Alex Ovechkin and Ilya Kovalchuk were skated out of the rink 7-3 by Team Canada at the 2010 Winter Olympics in Vancouver. The home team should have ample inspiration to get revenge as their quest for gold gets underway on Feb. 13 against Slovakia. BRUCE BENNETT/GETTY IMAGES

of a man-made area, if you will, just for the Olympics.

"They're putting literally billions of dollars into this, and there's no question that the hockey is the centrepiece of the Olympics. The pressure's clearly on them. We're going to see

the best of the Russians, that's for sure."

Canada proved four years ago that pressure isn't prohibitive to winning; that being at home can be an incentive.

With the whole world watching them in their coun-

try, the Russians hope they, too, can capitalize on the home-ice advantage. And Ovechkin believes that mentality is his team's biggest strength.

"(The) most important thing is (it's) us against the whole world," said Ovechkin, who

dreamed as a child of representing Russia in a home Olympics. "I don't think somebody is going to be there ... to be just in the Olympic Games. Our mission is try to win the gold medal and play our best hockey."

THE CANADIAN PRESS

## Thomsen at his best when he's tuned out



Invermere, B.C.'s Ben Thomsen is confident heading into the Olympics after a second-place finish in Sochi during the 2012 season. JEFF MCINTOSH/THE CANADIAN PRESS

The biggest moment of Ben Thomsen's racing career came two years ago in Sochi.

After a tough start to this season, the Canadian alpine skier is hoping to find some of that magic on the same Russian mountain at the Olympics.

Thomsen finished a surprising second at a World Cup downhill event back in February 2012, a result the 22-year-old believes will give him an edge at the Games.

"I'm definitely confident going back there. It was a huge part of my life and changed my life drastically," Thomsen said.

## Ski patrollers packing heat

"Georgia is on the back side of the ski hill and getting off gondola stations, you've got five armed guards ... it's a bit nerve-racking and unwelcoming when you're from a place like Canada."

Ben Thomsen on security during his 2012 World Cup second-place finish in Sochi.

"It will be interesting to see what kind of feelings and emo-

tions come up when I get there."

The Invermere, B.C., native has had a mixed bag of results during his career, threatening the podium at some events while struggling badly at others. Thomsen's recipe for success seems to be simple — don't overthink it.

"As I look back on my career, the times that I've done really well is when I don't really know what I'm about to face and I'm just going into it full bore," he said. "If I know a situation might be a little tricky I might kind of back off the throttle a little bit."

THE CANADIAN PRESS

## Austrian pastime

After missing the first three Winter Games, Alpine skiing joined the program in 1936. Ten gold medals will be awarded in Sochi in men's and women's downhill, slalom, giant slalom, super-G and super combined.

## Did you know?

# 105

Austria has won a record 105 Alpine skiing medals at the Olympics, nearly twice as many as any other country. Switzerland ranks second with 56.

## Who'll lead Austrians?

### Raich won't be on hand for opening

Austria is in need of a new flag bearer for Friday's opening ceremony at the Winter Olympics as Alpine skier Benjamin Raich has delayed his trip to Sochi.

Raich will skip the Feb. 14 super-combine due to back problems.

THE ASSOCIATED PRESS

## Ban Ki-moon

### UN chief will be there though

Secretary-General Ban Ki-moon will take part in Friday's opening ceremonies and deliver a keynote address to the International Olympic Committee's general assembly, the first by a U.N. secretary-general, officials said Monday.

THE ASSOCIATED PRESS

## Cross-country skiing

### Tough decisions ahead in Norway

Norway's unrivaled depth in cross-country skiing is causing the team some problems ahead of the Sochi Olympics.

With a handful of medal contenders in nearly every event, the Norwegians face the prospect of having to drop either a double Olympic champion or a former world

champion from the men's individual sprint race.

Each team can enter four skiers, and Norway's coaches have already promised spots to three athletes. The fourth was set to go to Petter Northug, the team's big star who has struggled with illness this season.

But that would mean leaving out former sprint world champion Ola Vigen Hattestad in the fourth spot.

THE ASSOCIATED PRESS



Two-time Olympic gold medallist Petter Northug. GETTY IMAGES FILE



## Horoscopes

### Aries

March 21 - April 20

You are in a domineering mood at the moment and won't hesitate to tell others how to do things. But anyone who tries to tell you will most likely wish they had kept quiet.

### Taurus

April 21 - May 21

You may find it hard to believe what you hear today but don't reject it out of hand because it may be true. Reserve judgment until later in the week when there are more facts available.

### Gemini

May 22 - June 21

Information will come your way today that enables you to put one over on a rival. All is fair in love and war so don't hesitate to use what you learn for your own benefit.

### Cancer

June 22 - July 23

It is important over the next 24 hours that you know when to speak up and when to stay silent. Important people will be either impressed or annoyed by what you have to say, so make sure you say the right thing.

### Leo

July 24 - Aug. 23

It might be tempting to work even harder and faster but you will accomplish more in the long-term if you start slowly and think about what you are doing.

### Virgo

Aug. 24 - Sept. 23

You may want to push ahead with a project that is close to your heart but according to the planets a colleague is having doubts and you must deal with those doubts first if you want to make progress.

### Libra

Sept. 24 - Oct. 23

Anyone who thinks you are not ambitious will get a shock today as you push yourself harder than ever. But while it is okay to be hard on yourself it is not okay to be hard on friends and loved ones.

### Scorpio

Oct. 24 - Nov. 22

You need to ask the right questions today and to do so you need to see your life for what it is, not what you wish it might be. Be completely honest with yourself.

### Sagittarius

Nov. 23 - Dec. 21

According to the planets someone you work with is not being entirely straight with you. Before you go any further together in what you are working on demand to know where they are coming from.

### Capricorn

Dec. 22 - Jan. 20

Someone whose point of view is very different to your own will say something that you cannot let pass and most likely you will end up having a major argument. But that's OK. It's wrong to remain silent.

### Aquarius

Jan. 21 - Feb. 19

If you put your mind to it today you can change something about yourself that you have disliked for a very long time. How will you do that? By replacing a bad habit with a good habit.

### Pisces

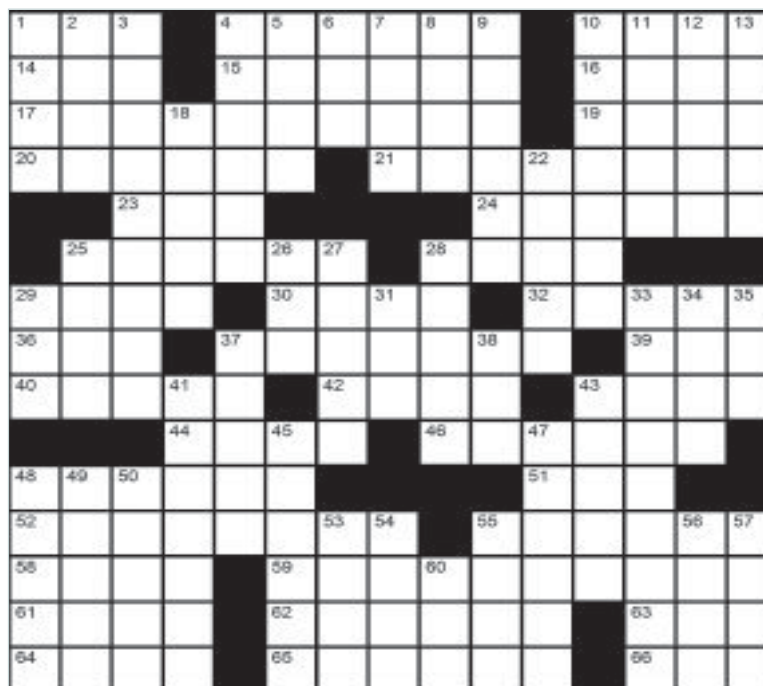
Feb. 20 - March 20

You are so self-confident at the moment that you can't see the obstacle that is ahead of you. You will see it soon, in the meantime, ignorance is bliss!. SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Troublesome-ly tote
4. Biggest thing since the Cronut
10. Shania Twain trophy, e.g.
14. Montevideo is its cap.
15. Sarajevo's locale
16. Bitterly bellyache
17. Science Centre in Calgary: 2 wds.
19. Comic strip, \_\_\_ and Janis
20. Ms. Berry's
21. 1985 Michael J. Fox movie: 2 wds.
23. Frigid
24. Way to move a wheel: 2 wds.
25. Skincare brand
28. Vacationing spot
29. Computer company
30. Cart-pullers
32. Welsh poet Mr. Thomas
36. Clash
37. Secret
39. Wonderment
40. Certain carpeting
42. \_\_\_ counter
43. Determine
44. Wedding gown trim
46. Studies
48. Dormant volcano in northwestern BC, Mount \_\_\_
51. Peace sign's spelled-out shape
52. Guy friendship,



- often on reality TV
55. Mr. Whibley, Sum 41 frontman
58. South Dakota dam
59. Carly Rae Jepsen's new title role on Broadway
61. Sultanate of \_\_\_
62. Haunted house hangouts

63. Turnaround, slangily
64. German philosopher, Immanuel \_\_\_ (b.1724 - d.1804)
65. Scotland's Loch creature, affectionately
66. Bruce Cockburn's "\_\_\_ Tree Falls"

### Down

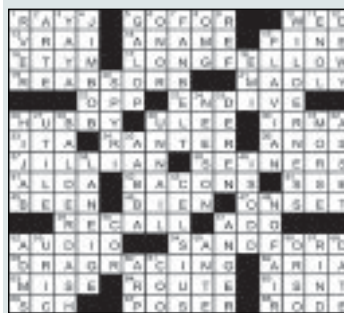
1. Particular Protestant, puny-ly
2. Fertilizer ingredient
3. Jonathan Swift classic, \_\_\_ Travels
4. Particular TV network symbol: 2 wds.
5. Antarctica: \_\_\_ Ice Shelf
6. Slitherer
7. It's a bug
8. Limerick's land
9. California competition for the Raptors
10. The \_\_\_ Family on PBS' "Downton Abbey"
11. "The Brady Bunch" mom
12. "Girl You Know It's True" duo half

13. High up
18. Stress side effect, some say
22. Expressionist painter, Emil \_\_\_ (b.1867 - d.1956)
25. Health food berry
26. \_\_\_ 'easter
27. Rusty stuff, Iron \_\_\_
28. Collectively: 2 wds.
29. Canadian actress Ms. Cook, et al.
31. Twilight
33. CTV's "The Social" co-host: 2 wds.
34. Grass appendages
35. '90s sitcom, "\_\_\_ and Stacey"
37. Shopping spot
38. 5-5, in sports
41. Nourishment
43. Soeur's sibling
45. High-kicking performance
47. Very much opposed to
48. Novel with no paper pages
49. Television genre
50. Title comedy role for Adam Sandler
53. Quote
54. Tree-like Tolkien creatures
55. Metric system prefix meaning 'one-tenth'
56. Treble \_\_\_
57. Bob Marley & The Wailers album
60. Insult, in slang

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

## Yesterday's Crossword

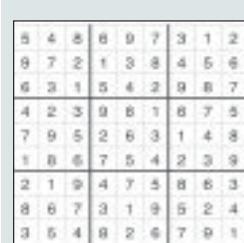


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



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